



Mustard-Seed-Crusted Burgers with Horseradish Slaw

READY IN



20 min.

SERVINGS



4

CALORIES



900 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds ground beef
- ☐ 3 tablespoons horseradish prepared
- ☐ 6 ounces lettuce thinly sliced
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup cream sour
- ☐ 4 portugese rolls halved
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup mustard seeds yellow crushed

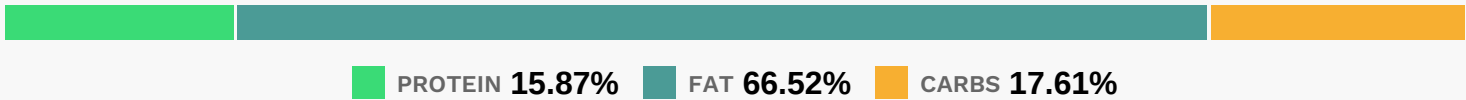
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk mayonnaise, sour cream, and horseradish in medium bowl to blend. Season with salt and pepper. Form ground beef into four 1/3-pound burgers, each about 3 3/4 inches in diameter and 1/2 inch thick.
- ☐ Sprinkle both sides of burgers with salt and pepper.
- ☐ Spread mustard seeds on small plate. Press both sides of burgers firmly into mustard seeds.
- ☐ Heat vegetable oil in heavy large skillet over medium-high heat.
- ☐ Add burgers and cook until brown on both sides and pink in center, about 4 minutes per side. Arrange roll bottoms on each of 4 plates.
- ☐ Transfer burgers to roll bottoms. Stir lettuce into horseradish mixture to coat. Divide lettuce mixture atop hamburgers. Cover each burger with roll top and serve.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:23.6, Inflammation Score:-5, Nutrition Score:25.618261145509%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 899.99kcal (45%), Fat: 66.35g (102.08%), Saturated Fat: 18.53g (115.8%), Carbohydrates: 39.53g (13.18%), Net Carbohydrates: 36.28g (13.19%), Sugar: 7.93g (8.81%), Cholesterol: 136.07mg (45.36%), Sodium: 633.42mg (27.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.61g (71.23%), Iron: 14.86mg (82.57%), Selenium:

46.86µg (66.94%), Vitamin K: 66.01µg (62.87%), Vitamin B12: 3.33µg (55.49%), Zinc: 7.26mg (48.4%), Phosphorus: 366.59mg (36.66%), Vitamin B3: 7.02mg (35.08%), Vitamin B6: 0.57mg (28.53%), Vitamin B2: 0.32mg (18.73%), Magnesium: 74.19mg (18.55%), Potassium: 615.82mg (17.59%), Manganese: 0.35mg (17.38%), Vitamin E: 2.54mg (16.95%), Fiber: 3.24g (12.97%), Folate: 49.67µg (12.42%), Vitamin B1: 0.18mg (11.83%), Calcium: 107.1mg (10.71%), Vitamin B5: 1.04mg (10.39%), Copper: 0.19mg (9.42%), Vitamin A: 414.3IU (8.29%), Vitamin C: 5.01mg (6.07%), Vitamin D: 0.21µg (1.38%)